



This is it!

Walk Indiana Week 4

You've made it to the final week of the Walk Indiana program. Way to go! Now, it's time to tackle the 10,000 steps a day challenge you've been working towards. Push yourself a little more this week and you'll easily rack up 1,000 extra steps a day. Here are the details:

Virtual Route: New Harmony to Evansville

Total Miles: 34.7 miles

Total Steps: 69,400 steps

Daily Step Challenge: 10,000 steps per day

Days to Complete: 7-8 days

Your Weekly Push

"I'm a slow walker, but I never walk back." – Abraham Lincoln

Physical Activity Tip: Studies have shown that regular walking can help improve attention, ability to focus, and memory. When you exercise, your brain also increases production of endorphins, which will elevate your mood and general sense of well-being. Walking is routinely used as a way to help counteract mild depression. It can help reduce anxiety and boost self confidence. The good news is that even if you have been sedentary much of your life, you will quickly begin to see the mental and physical benefits of walking as soon as you start!

Nutrition Tip: Make heart-smart protein choices. Choose lean red meats, low or reduced fat cheeses and lowfat milk. Remove poultry skin before cooking. Also, whole wheat grains provide more protein than white, refined versions.

- 1 egg = 7 grams
- ½ cup 1% lowfat cottage cheese = 14 grams
- 1 cup lowfat or fat free milk = 8 grams
- ¼ cup reduced fat shredded cheddar cheese = 7 - 9 grams
- 1 cup lowfat plain yogurt = 12 grams
- 3 oz. lean beef, pork, poultry or seafood = 20 - 30 grams
- 1 cup baked beans = 12 - 18 grams
- 2 slices whole wheat bread = 6 - 8 grams
- 1 cup whole wheat penne pasta = 7 - 14 grams
- ¼ cup nuts = 6 - 8 grams



Source: American Dietetic Association and American College of Sports Medicine

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